This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (currently amended) A wireless data communication terminal sharing a data communication resource with a plurality of other data communication terminals, the wireless data communication terminal being operable to receive channel status information from a wireless serving communication terminal on an outbound channel and to transmit data to ~~said~~ the wireless serving communication terminal on an inbound channel, the wireless data communication terminal comprising a processor operable to monitor channel status symbols inserted on the outbound channel; and to regulate time intervals between successive data transmissions on ~~said~~ the inbound channel dependent upon ~~said~~ the monitored channel status symbols inserted on the outbound channel.

2. (currently amended) The wireless communication terminal according to Claim 1, wherein ~~said~~ the monitored channel status symbols inserted on the outbound channel indicate a current status of the inbound channel, thereby enabling ~~said~~ the wireless communication unit to transmit data packets on ~~said~~ the inbound channel dependent upon adaptive channel loading of the inbound communication resource.

3. (currently amended) The wireless communication terminal according to Claim 1, wherein ~~said~~ the processor is operable to determine a number of busy or idle timeslots in ~~said~~ the data transmission on the outbound channel, and to determine what time interval should be set between two successive data messages based on ~~said~~ the determination.

4. (currently amended) The wireless communication terminal according to Claim 2, wherein ~~said~~ the processor is operable to determine a number of busy or idle timeslots in ~~said~~ the data transmission on the outbound channel, and to determine what time interval should be set between two successive data messages based on ~~said~~ the determination.

5. (currently amended) The wireless communication terminal according to Claim 3, wherein ~~said~~ the processor is operable to employ a dual counter mechanism, ~~including~~ comprising a first counter to count a total number of channel state symbols transmit on ~~said~~ the outbound channel and a second counter to count a number of channel-busy or channel-idle indications of ~~said~~ the channel state symbols, wherein ~~said~~ the processor is operable to determine whether to increase or decrease ~~said~~ the time intervals between successive data transmissions dependent upon whether ~~said~~ the ratio of counters exceeds or is below at least one threshold value.

6. (currently amended) The wireless communication terminal according to Claim 4, wherein ~~said~~ the processor is operable to employ a dual counter mechanism, ~~including~~ comprising a first counter to count a total number of channel state symbols transmit on ~~said~~ the outbound channel and a second counter to count a number of channel-busy or channel-idle indications of ~~said~~ the channel state symbols, wherein ~~said~~ the processor is operable to determine whether to increase or decrease ~~said~~ the time intervals between successive data transmissions dependent upon whether ~~said~~ the ratio of counters exceeds or is below at least one threshold value.

7. (currently amended) A wireless data communication system supporting an RD-LAP data transmission protocol ~~including~~ comprising a plurality of wireless data communication terminals, wherein the terminals share a data communication resource, and each of the terminals is operable to receive channel status information from a wireless serving communication terminal on an outbound channel and to transmit data to ~~said~~ the wireless serving communication terminal on an inbound channel, each wireless data communication terminal comprising a processor operable to monitor channel status symbols inserted on the outbound channel; and to regulate time intervals between successive data transmissions on ~~said~~ the inbound channel dependent upon ~~said~~ the monitored channel status symbols inserted on the outbound channel.

8. (currently amended) A method of sharing a data communication resource in a wireless data communication system, wherein at least one wireless data communication terminal receives channel status information from a wireless serving communication terminal on an outbound channel and transmits data to ~~said~~ the wireless serving communication terminal on an inbound channel, the method comprising the steps of:

inserting channel status symbols on ~~said~~ the outbound channel by ~~said~~ the wireless serving communication terminal; and

monitoring, by ~~said~~ the at least one wireless data communication terminal, channel status symbols inserted on ~~said~~ the outbound channel;

regulating time intervals between successive data transmissions on ~~said~~ the inbound channel, by ~~said~~ the at least one wireless data communication terminal, dependent upon ~~said~~ the monitored channel status symbols inserted on the outbound channel.

9. (currently amended) The method according to Claim 8, wherein ~~said~~ the step of inserting channel status symbols on the outbound channel indicates a current status of the inbound channel.

10. (currently amended) The method according to Claim 8, ~~including~~ comprising the steps of:

determining a number of busy or idle timeslots in ~~said~~ the data transmission on the outbound channel; and

determining what time interval should be set between two successive data messages transmit from ~~said~~ the wireless data communication unit based on ~~said~~ the determination of a number of busy or idle timeslots.

11. (currently amended) The method according to Claim 8, ~~including~~ comprising the steps of:

employing a dual counter mechanism, wherein a first counter counts a total number of channel state symbols transmit on ~~said~~ the outbound channel and a second counter counts a number of channel-busy or channel-idle indications of ~~said~~ the channel state symbols; and

determining whether to increase or decrease ~~said~~ the time intervals between successive data transmissions dependent upon whether ~~said~~ the ratio of counters exceeds or is below at least one threshold value.

12. (currently amended) The method according to Claim 10, ~~including~~ comprising the steps of:

employing a dual counter mechanism, wherein a first counter counts a total number of channel state symbols transmit on ~~said~~ the outbound channel and a second counter counts a number of channel-busy or channel-idle indications of ~~said~~ the channel state symbols; and

determining whether to increase or decrease said time intervals between successive data transmissions dependent upon whether ~~said~~ the ratio of counters exceeds or is below at least one threshold value.

13. (currently amended) A storage medium storing processor-implementable instructions or data for controlling a processor to carry out a method of sharing a data communication resource in a wireless data communication system wherein at least one wireless data communication terminal receives channel status information from a wireless serving communication terminal on an outbound channel and transmits data to ~~said~~ the wireless serving communication terminal on an inbound channel, the method carried out by the processor comprising the steps of:

inserting channel status symbols on ~~said~~ the outbound channel by ~~said~~ the wireless serving communication terminal; and

monitoring, by ~~said~~ the at least one wireless data communication terminal, channel status symbols inserted on ~~said~~ the outbound channel; and

regulating time intervals between successive data transmissions on ~~said~~ the inbound channel, by ~~said~~ the at least one wireless data communication terminal, dependent upon ~~said~~ the monitored channel status symbols inserted on the outbound channel.